

Aging Division

Wyoming Department of Health

Information and Education Bulletin

Subject: H1N1 Flu

More Wyoming Swine Flu Cases Confirmed

The Wyoming Department of Health announced that the number of laboratory-confirmed cases of swine flu (novel H1N1) virus in state residents has risen to 47.

Testing at the Wyoming Public Health Laboratory has confirmed cases in six counties. Of the confirmed infections, 41 are from Laramie County, two are from Uinta County, and there is one each from Johnson, Lincoln, Natrona and Sweetwater counties.

The Department expects the number of actual infections around the state to be higher because many ill persons do not seek medical care or are not tested.

Flu symptoms include fever, cough, sore throat, body aches, headaches and fatigue. Some patients have also reported diarrhea and vomiting.

Precautions recommended by the department to help prevent the spread of illness include:

- Staying home from work, school or travel while ill with flu-like symptoms such as fever, cough, sore throat and body aches. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons.
- Persons at high risk for complications from influenza (such as persons 65 years or older, children younger than five years, pregnant women, and persons with chronic medical conditions) should consider avoiding crowded or large gatherings if ill persons may be present.

More Wyoming information about swine flu is available online at www.health.wyo.gov